

One list, five meals

Michelle Darmody makes your mid-week dinner routine easier.

One Pot Pork Chops

Serves 4

2 red onions, sliced
4 cloves of garlic, roughly chopped
1 cooking apple, cored and sliced into eight
1 bulb of fennel, sliced into bite size pieces
1 small bunch of thyme, chopped
1 tbsp of honey
6 potatoes, chopped into bite size pieces
1 small dash of olive oil
4 thickly-cut pork chops

Pre-heat the oven to 180C.

Toss all the ingredients except the pork in your baking dish so that everything is covered in the oil and honey. Bake for 10 minutes, remove from the oven and toss all the vegetables again.

In the meantime, rub some olive oil and a good pinch of salt and pepper all over the pork chops. Brown them in a hot frying pan for a minute on each side. Lay the pork chops on top of the other ingredients and place a lid on your dish.

Bake for 20 minutes until the pork chops and potato are completely cooked through. For the last five minutes of cooking you can remove the lid so the pork gets a chance to brown. If your dish is a little dry at this stage add a small drop of water or stock. This will depend on how much fat is released from the chops.

SAMPLE RECIPE



Exclusively in

Irish Examiner
Weekend
EVERY SATURDAY

